



## Growing Healthy Kids Columbus Coalition

\_\_\_\_ Steering Committee

X  Full Coalition

Date: January 26, 2015

Time: 10:00 am – 11:30 am

Location: Columbus Public Health - 119C  
240 Parsons Ave.  
Columbus, Ohio 43215

**Facilitator:** Ali Segna, Columbus Public Health, Healthy Children Healthy Weights

### Attendees:

Active Living CPH	Barb Seckler
CCS	Carolyn Bernard
Children's Hunger Alliance	Marina Lucio
Children's Hunger Alliance	Luana Turoyskaya
Strategic Nursing CPH	Bob Holomuski
Creating Healthy Communities CPH	Dana Dorsey
Creating Healthy Communities CPH	Katie Stone
CUL Moler Head Start	Jovanna Tyree
CUL Soutside/Watkins Head Start	Joyce Grimes
Franklin County Public Health	Alisha Brown
Franklin County WIC	Dawn Sweet
HCHW CPH	Alyssa Dorsey
HCHW CPH	Hannah Bills
Mt Carmel Church Partnerships	Kim Knox
OSU Extension Family and Consumer Science	Carol Smathers
OSU Extension Snap Ed	Lindsey Blum
OSU Extension Snap Ed	Brooke Moeller
OSU Extension Family and Consumer Science	Jenny Lobb
OSU LifeSports	Laura Sullivan
Personal Fitness Navigators	Ricardo Wilson
HCHW CPH	Jamie Turner
GHKC CPH	Ali Segna
OSU Intern	Hannah Hart

### *Meeting at-a-glance:*

Update on new categories for monthly report out



Refresher on HCHW Key Messages  
 Member Introductions and Program Updates  
 Updates from Pay-it Forward Award winners  
 Activity Break  
 End of the year report

Define Healthy Celebrations and Make Snacks Count  
 Review Healthy Celebration handout for parents and teachers

**Homework:** How is coffee served at work and events? Please submit a photo to Ali by Tuesday February 16<sup>th</sup>, email: [amsegna@columbus.gov](mailto:amsegna@columbus.gov)

**Extra Credit:** Photos of healthy valentine's celebrations

- 10:00am – 10:05am**     **Update on new categories for monthly report out** Ali Segna  
 The Steering Committee met in December and would like to see program updates fall into 3 categories: 1. Policy/System changes 2. Environmental Changes 3. Education and Resources. We would also like to have numbers, such as resources given, events held, people served, etc. These numbers can be estimated or reported back at a later date. We also welcome any program updates you would like to share.
- 10:05am – 10:10am**     **Refresher on HCHW Key Messages** Jamie Turner  
 Jamie presented the 2-pager on the HCHW messages highlighting key data and sources for recommendations. Coalition members were reminded that the posters and handouts can be found on the HCHW website. The two-pager can be used to inform partners about these resources. Feedback on the 2-pager is welcome. A finalize copy will be emailed once the CPH communication team has approved it.
- 10:10am – 10:40am**     **Member Introductions and Program Updates** All  
 Include one to two sentences on the article you found.

**Agenda Item 1: *Program Updates***

<i>Partner/Organization</i>	
Alyssa Dorsey/HCHW/CPH	HCHW trainings were delivered for teachers, cooks and directors.  Article: A review of school lunch policies
Carol Smathers/OSU Extension	The book <i>Smart Eating for Young Children</i> available through OSU Bookstores. Extension also producing resources based on updated USDA guidelines for Americans.  Article: Prevention Research Center Parent Survey findings published. Question: Do kids who eat healthy foods eat less unhealthy foods? Response: No, they are just as likely to consume sweet and salty snacks and SSBs. Take Away: Both messages are important: increase healthy foods and decrease unhealthy foods.

Bob Holomuski/Strategic Nursing/CPH	<p>5000+ CCS students received flu vaccines.</p> <p>Attended Mayor Ginther's family reunion celebration. Six Mayor's events were held this past weekend; these types of events can be chances to use key messages.</p> <p>Includes healthy eating and water first for thirst at health screenings and in discussion with parents.</p> <p>Article: CDC Health Curriculum Analysis Tool, on best practices to provide education to young children. i.e. role modeling. Data shows that 74% of children have a screen in their bedroom.</p>
Kim / Mt Carmel Church Partnerships	<p>Key message information is shared with adults through their programming.</p> <p>Town hall meeting with leaders of local congregations coming up where they will share data on obesity in the US and bring recommendations to the table.</p> <p>Article: CDC contributing factors/profile of obesity in the United States.</p>
Ricardo Wilson/Personal Fitness Navigators/Martial Arts	<p>Held a healthy snack event at the Godman Guild, in the evening as part of an afterschool/evening program for youth. Snack included: grapes, peanut butter, celery, apples, bananas, turkey and cheese wraps. Results: younger children were willing to try the foods. Three of the older children were not willing to try the foods.</p> <p>Article: Steven Riggs, a teacher in the Bronx who began growing vegetables at a library. Students participate in the gardening as a "reward" The garden is called the "Green Bronx Machine"</p> <p>Article: Any movement is good movement.</p>
Dawn Sweet/Franklin County WIC	<p>36,000 clients switched over to electronic card (from coupons). The card will facilitate the use of benefits.</p> <p>Article: Promoting a Healthy School Environment. Discusses school parties: Halloween, Christmas. Findings; 2-18 year olds consume nearly 40% of calories from fats and sugars, often offered at parties.</p>
Dana Dorsey/Creating Healthy Communities/CPH	<p>Working with worksites on water first for thirst and active transportation. Engaged Dowd Center to provide walking/biking maps and encouraging bike to work days. The walking/biking maps are available to the Coalition.</p> <p>Article: Michigan State: how snacks can add extra energy and nutrients throughout the day.</p>

Katie Stone/Creating Healthy Communities/CPH	<p>Focusing on SRTS, SFH, and Fresh Foods Here. Assisting CCS to adopt a Water policy for staff meetings.</p> <p>St Stephens Pantry changed the layout of their pantry (environmental change) and have noticed an increase in selection of healthy foods. St Stephens will be coming to speak to the Coalition.</p> <p>Article: Water jets installed in schools led to decrease in BMI.</p>
Missed her name/ Dietetic Intern at CHA	<p>Working with child care providers and teaching nutrition education classes at Champion Avenue and St. Stephens.</p> <p>Article: Four classrooms were observed during celebrations, at half the sites fruits were offered. Foods consumed were low nutrient.</p>
Marina Lucio/CHA	<p>OHP for family child care provider training hosted last night. Great participation rate (75-80%). Feedback was positive. Was approved for Ohio-Approved hours.</p> <p>Article: Snack food packaging and perceptions. Children were asked to ID the healthier foods based on the packaging, they often chose the unhealthy foods.</p>
SNAP-Ed. Representing Marilyn Rabe. Lindsey Blum and missed her name	<p>Southside and Westside education provided on MyPlate.</p>
Jenny Lobb/OSU Extention	<p>Article: systematic review of factors influencing obesogenic dietary intake of children. Two key themes were foods offered at home and food offered in public/community places.</p>
Jovanna Tyree/CUL Moler (inside of a CCS)	<p>She operates two head start classrooms inside a CCS. There is a food give away once a week on Thursdays at the afterschool program. The food offered: potatoes and apples. Families from the Head Start classrooms encouraged to take foods.</p> <p>Had a celebration in December. Gave away apples, potatoes and bread at the celebration.</p> <p>Article: U of Florida: snacking strategies. Snacks shouldn't replace meals. Article: Healthy Holiday ideas, a resource.</p>
Joyce Grimes/CUL Head Start SouthSide and Watkins (also inside a CCS)	<p>Holiday Party was combined with Moler, there was a display table with the twelve messages and handouts for families.</p> <p>Feb and March are Heart Healthy parent meetings.</p>

	<p>Key messages are used in the electronic newsletter for families.</p> <p>No pop, only water served at parent meetings. Working on Watkins as an OHP by the end of February.</p> <p>Article: Avoid getting too hungry before you eat, have a small meal every 3-5 hours.</p>
Alicia Brown/Franklin County Public Health	<p>Apples to Aids program for schools focusing on district level. Programmatic changes. Working with a district in Whitehall, focusing on psychological changes and getting a greater variety of foods into the schools.</p>
Carolyn Bernard/CCS Pre-K	<p>Countdown to Kindergarten coming up in the spring, working on a healthy menu.</p> <p>Working on getting the Imagination Playground into the schools for indoor recess.</p> <p>Article: Infant child and adolescent nutrition. Increasing the nutritional value of snack foods and what interventions contribute to better quality, i.e. using technology to increase their basic knowledge of nutrition.</p>
Laura Sullivan/OSU Lifesports	<p>Had a Youth Leadership Academy this past weekend, worked with MOFB and served fresh blackberries, blueberries, mangoes, whole grains and Greek yogurt (as opposed to pizza being served in the past).</p> <p>Article: Afterschool programs and the cost of healthy foods. Partnering with community agencies to decrease the cost of healthy foods.</p>
Barb Seckler/Institute for Active Living	<p>Veggie Snaps, the double-bucks SNAP initiative at markets around Columbus, will be going into effect again this coming season. Up to 4 more markets may be added (perhaps North Market, Easton, a couple of suburbs). Hot Cards will be available later in the year. Also, Mobile Food Carts that take EBT may be rolled out in Linden of the new South Side.</p> <p>Kids Cycle Columbus will continue this year, in its 6<sup>th</sup> year. Bikes and tricycles will go out into the community.</p> <p>Community gardens: grants RFP opens on February 4<sup>th</sup> for 3 weeks. Grants are good fit for non-profit organizations or gardens connected to schools or child care centers. There's a celebration on Earth Day at Franklin Park Conservatory.</p>
Hannah Hart/OSU Med Diet Dietetic Intern with	<p>Worked on the key message handout presented today, has been assisting with trainings and technical assistance.</p>

HCHW/CPH	
Hannah Bills/HCHW/CPH	<p>Fresh Foods Partners pilot with child care centers, linking centers to the MOFB distribution of healthy produce.</p> <p>Whole Child Symposium will be held in Cincinnati; Hannah is on the planning committee. The Whole Child intersects education and health. She will share information as it becomes available.</p> <p>Article: Journal of Nutrition education and behavior. Child care providers were asked how they make celebrations healthier. Biggest barrier: interacting with parents. Recommendation: provide a list of healthier options and convenient alternatives.</p>
Jamie Turner	<p>The Early Care and Education Sub Committee of the Ohio Early Childhood Health Network are making recommendations on health and wellness policies for SUTQ.</p> <p>We were approached by a Medical Resident at NCH to pilot a mobile health platform for reach families.</p>
Ali Segna	<p>Working with OCCRRA and ODH to update the OHP menu requirements to align with updated USDA guidelines and CACFP proposed changes. Proposed changes include decreasing fried foods, not serving processed meats, decreasing sugar cereals, among others.</p>

#### 10:40am – 10:45am Updates from Pay-it Forward Award winners

##### Columbus Urban League Moler Head Start

- They held a simplified DIY yogurt bar as part of a family-Friday.
- Teachers, parents and children were eating together. 13 parents and 16 kids.
- Blueberries, strawberries, yogurt and graham crackers.

##### Joyful Beginnings

- Santa, Soup and Salad.
- Was a parents night out, where families were served dinner as a family and then the kids stayed for a few hours while parents shopped or ran errands.

##### Children's Hunger Alliance

- Statewide staff meeting
- They made the environmental match the message.
- Last year they served donuts, muffins, etc.
- This year: granola parfait bar with fresh fruit.
- Focusing on Make Breakfast Count.

- 60 staff members participated.

**10:45am – 10:50am Activity Break**

Ricardo Wilson

**10:50am – 11:00am End of the year report**

Ali Segna

In addition to the PowerPoint presentation, there is a 9-page semi-formal report of everything that was reported out. Ali will include that in this month's meeting minutes.

Wellness resources for teachers on providing a healthy classroom are available to the public. [www.ccssoh.us](http://www.ccssoh.us)

### **2016 Objectives**

Carol Smathers

The Steering Committee meets quarterly and in December as we were talking about goals and objectives for 2016 we took into account the current momentum around health celebrations and snacks.

#### **Proposed Measures:**

1. Number of resources developed
2. Consistent use of messages
3. Did members learn or gain new ideas?
4. Number of PSE changes
5. What were the biggest successes of our member organizations?

Carol asked for feedback from members about these measures. We're trying to capture quantitative and qualitative progress.

Opened up for feedback:

Bob Holomuski – GHKC could apply for a Promising/Model award from NACCHO.

**11:00am – 11:20am Define Healthy Celebrations and Make Snacks Count**

Carol Smathers

We're backing up a step and asking ourselves to define snacks. If we are going to measure healthy snacks and celebrations, let's decide on a definition. Opened up for conversation:

Carolyn – healthy snacks are composed only of foods that meet USDA guidelines. It's still not the optimal measure but is at least a step in the right direction. The USDA has a handout on the new guidelines.

Dawn – maybe we need to work with programs still offering cupcakes. Perhaps we should discuss portion control for empty calorie foods, or guidelines to always include healthy foods along with what you're serving.

Carol – OSU Extension has Healthy Meeting Guidelines and she and Jenny are working to promote them.

Mt Carmel – they find the need to define the problem of obesity in their community, to provide the “why?” before nutrition recommendations are given.

Ali: What do you consider a healthy snack?

Coalition answers:

- Whole grains
- fruit instead of sweets
- steamed vegetables
- at least two components
- not cake in disguise
- zucchini cake or grape drinks are proposed as “healthy”
- not high in sugar especially when it’s a WG food
- celebrations don’t have to involve food
- Parents bring plates and napkins for snack time instead of bringing snacks.

Strategies: giving families alternatives, letting kids make something as part of their birthday celebration.

**This discussion will be continued next month.**

**11:20am – 11:30am**      **Review Healthy Celebration handout for parents and teachers**      Ali Segna  
Handout was distributed. We created this for classroom teachers and families. Please review and email Ali if you have any edits or suggestions. Any suggestions welcome: on the photo, the color, the activities, etc.

**Homework:** How is coffee served at work and events? Please submit a photo to Ali by **Tuesday February 16<sup>th</sup>**, email: [amsegna@columbus.gov](mailto:amsegna@columbus.gov)

**Extra Credit:** Photos of healthy valentine’s celebrations

**Next Steps:**

**Next Meeting:** February 23, 2016, 10:00am-11:30am Columbus Public Health, Auditorium.

**Request:** To distribute a contact list with name, agency, email and phone of Coalition members.